

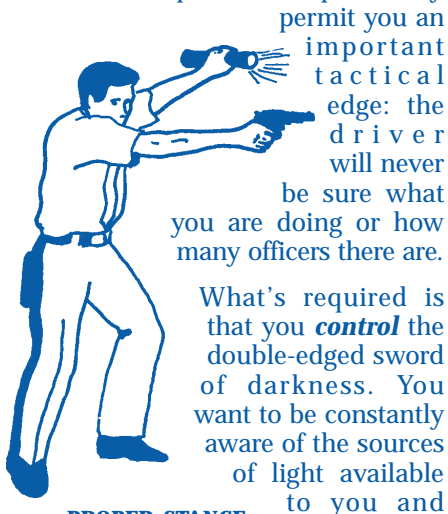


Subdued Light Combat Training

Darkness is a factor which adds to the danger of being attacked. About two-thirds of police murders occur under darkness. Darkness is seen as a cover by the suspect prone to violence. It may also encourage attacks on police because suspects believe that darkness will aid their escape and reduce the chance that their deed will be discovered. The evening hours are the drinking hours, too, and the time when aimless people look for excitement and confrontation. These are the ego hours.

It is also important to remember that you can be thrust into a low-light situation during the day. You may need to enter a windowless basement without lights, or a darkened building or any other setting with limited or no light during the day.

Yet darkness does not need to be a police officer's enemy. Sometimes it can allow you to conceal your movements in responding to crimes. It may provide you with a hiding place. And during potentially dangerous nighttime traffic stops, for example, it may



PROPER STANCE

permit you an important tactical edge: the driver will never be sure what you are doing or how many officers there are.

What's required is that you **control** the double-edged sword of darkness. You want to be constantly aware of the sources of light available to you and

the ways you can manipulate light and darkness to your advantage and a suspect's disadvantage. Your objectives, of course, are to direct an opponent's fire away from you, acquire an ability to assume the best possible defensive position in unfamiliar surroundings, and develop the shooting habits and skills that will enable you to fire quickly and accurately under adverse lighting conditions. Below are a few suggestions for you to consider:

- > When you need to enter a darkened building, there's always the danger that the suspect is lying in wait. As an alternative to moving blindly into an area, it may be possible to get some or all of the lights turned on ahead of time. Remember, the lights should not be activated until all officers involved in the search are in a protected position.
- > Where general lighting is not possible, it's usually safer to turn on lights area by area as you progress. Again, you want to be behind cover before any lighting is turned on. Reach for switches from arm's length rather than standing beside them, as a waiting suspect may be expecting.
- > If cover is not available, you may decide that you are better off in the dark, possibly relying on sporadic bursts of light from your flashlight. You may even want to turn lights off if they are already on, giving yourself at least the concealment benefits of darkness as you move to a safe area.
- > Remain conscious always of where any light source is in relation to your body. Light coming from

behind you, such as a street light through a window



or lights left on in a room you have just searched, can silhouette you as a perfect target. So can lights over doorways you intend to enter. Remember also that lights hitting your body from certain angles will cast shadows—alerting the suspect of your presence

- > Flashlights are a very versatile tool if used correctly. However, never enter a darkened doorway while the flashlight is on; confronted with an unexpected light, a suspect may instinctively fire directly at the source, figuring an officer is behind it.
- > One room search tactic involves the flashlights of two officers. One officer holds a flashlight around the door frame while keeping covered behind the wall. From a prone position on the other side of the doorway, the other officer checks the room. Then the officers reverse roles. In both cases, the officer with the light should hold it above the level of his head.
- > Where cover is not available, probably your best option is the "flash-and-move" technique. With your sidearm drawn and your legs apart and slightly bent, you hold your flashlight at arm's length in your weak hand—higher than the level of your head—and out from your shoulder at about a 45-degree angle. This places the lens to the side, above and somewhat ahead of your body and keeps your vital

(Continued on Page 2)



American Dream — and Nightmare

I was stopped at a red light when I noticed a ten-year-old boy pushing a younger kid. Rolling down the car window I shouted, "Leave him alone." The boy started to walk away. Then suddenly he turned and punched the younger kid right in the mouth.

Taking one step out of my car, I threatened, "Do that again and I'll break you in half."

Before running away, the defiant little tyke said something I'll never forget: "It's a free country."

In "Crime and the American Dream," Steve Messner and Richard Rosenfeld maintain that the very same values that make America great also are responsible for its high rates of serious crime and delinquency.

According to the authors, the American dream, the belief that anyone, if they work hard enough, can make it to the top, has produced enormous benefits for society. We Americans are among the most highly motivated, innovative, and successful people in the world.

But a painful paradox lies at the heart of the American dream. It brings out both the best and the worst of the American character.

The exaggerated emphasis on personal achievement promotes productivity — but it also creates pressure to succeed at any cost.

The wholesale celebration of competition fosters ambition and social mobility — but it also divides people and weakens our sense of the common good.

The near obsession with making money and acquiring material goods helps fuel the economy — but it also encourages Americans to measure success in purely monetary terms. Personal and professional achievements that don't pay much are devalued.

The identification of crime with the American dream is not new. Almost 60 years ago, the distinguished sociologist Robert K. Merton argued that the great drive to succeed in America respects no social boundaries. Everyone, regardless of social origin, is expected to strive to reach the top.

Merton said that societal barriers to individual advancement were the main reasons for the distinctively high rates of crime and deviant behavior in America.

Messner and Rosenfeld add an important new dimension to Merton's analysis. They argue that it's not just pressure to succeed by any means possible that leads to crime, but the absence of strong social institutions, such as families, schools, and religious organizations, to temper people's boundless ambitions.

Americans, both rich and poor, proudly proclaim open hostility to the moral authority of social institutions. We celebrate the rights of the individual over those of the community. And we especially don't like anyone telling us what to do. After all, it's a free country. ■

The comments of Richard Moran, a professor of sociology and criminology at Mount Holyoke College in South Hadley, Massachusetts. Originally broadcast on National Public Radio, March 11, 1997.

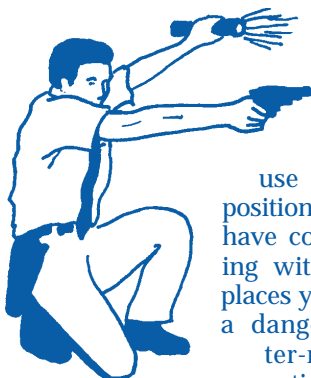
Subdued Light Training . . .

(Continued from Page 1)

areas from being brightly illuminated by the aura of light thrown off around the flashlight head. Be sure you stay *behind* the beam of light, not in its periphery, to minimize the risk of being visible in the flash-light's "back-splash." Remember, under no circumstances should you use your flashlight by holding it in the center of your

body mass or near your face.

Also, use a kneeling position only if you have cover. Kneeling without cover places your head in a dangerous center-mass location.



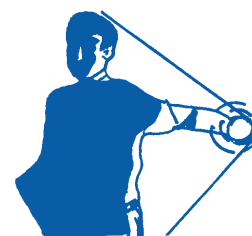
KNEEL BEHIND COVER

If the suspect shoots, they will probably fire directly at the place they last saw the beam or just to the right of it. If you are holding the light as described, you should be clear of the shot. (In one case in which officers entered a darkened house to apprehend a man who had gone berserk and murdered his landlady, the suspect shot so accurately with a rifle that he shattered the flashlight held in the officer's hand. The bullet kept going, but because the officer had extended the light to his side, his body was clear of the shot entirely and he was able to kill the suspect with return fire.)

It is imperative that police officers practice not only light control techniques, but also using firearms under adverse light conditions. The following techniques should be followed:

Look at center mass and level your weapon in that general area. Move your handgun slightly until your sights are silhouetted in the existing

light. Move your eyes back to the dark center mass area and move your firearm on target while keeping a mental image of your sights while squeezing the trigger in a calm controlled fashion. Remember, it generally takes a minimum of 20 seconds for your eyes to adjust from a fully lit environment to a subdued light situation. ■



UNSAFE POSITIONING OF FLASHLIGHT

Treadmill Training Tips

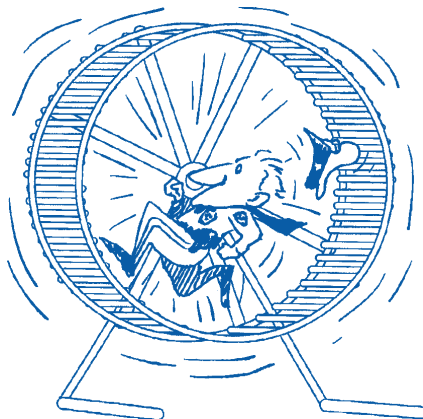
A lot of people have discovered treadmill running and some have even developed it into a habit, even opposed to running outdoors. But if treadmill sales are booming, it is mostly as a result of dedicated runners using them to supplement their usual training.

Treadmill running has a lot of benefits. One of the biggest is convenience, as you can run indoors when harsh winters and miserably hot and humid summers make it almost impossible to conduct quality training outdoors. Safety is another big factor, in terms of lighting conditions and slippery surfaces. Treadmill running allows you to avoid all these potential hazards.

The use of treadmills is also very beneficial for rehabilitating injuries. The smooth surface, in particular, helps ease the pain from injuries and chronic running problems.

Most people do not know, however, that their running speed on a treadmill is not equivalent to their running speed on outdoor surfaces. Because you are not actually moving forward on a treadmill, you can run any given pace at an easier effort simply because you do not have to

overcome air resistance (as you must running outdoors even in the calmest weather conditions). To adjust for this lack of air resistance, treadmill workouts need to be performed at a slight incline to run at an equivalent effort.



To give variety to your indoor aerobic training, you can also mix time on the treadmill with the stationary bike and the stairclimber. In fact, in a recent study the subjects who did only stairclimbing workouts for nine weeks improved running performance as much as a second group who did running workouts. Below are a couple of workouts suggested by Dr. Owen

Anderson of Runners World magazine:

Workout #1: For a great power workout, first warm up for ten minutes, then set the treadmill at 20 to 25 seconds per mile slower than your usual 10-K pace. Run for three minutes with the incline at zero. Switch the incline to 2 percent and run for one minute. Switch to 4 percent and go for another minute. Go to 6 percent for a final minute, then return to the flat for three minutes. Try to do three sets of "2-4-6" for your first session, eventually working up to seven or eight sets.

Workout #2: Now for endurance. Warm up for five or ten minutes, then do a mile at your usual 10-K pace with the incline set at 1 percent. Recover with four minutes of easy jogging, then repeat the mile two more times. As your endurance improves, shorten the recoveries to two or three minutes, or nudge up the incline to 2 or 3 percent.

Remember, treadmills should not be used at the exclusion of other exercises. As with any activity, variety and moderation are the key to preventing injury and continued interest. 🐢

Sponsoring

by Capt. Debra Dickerson (Ret.)
USAF

One of the secrets for the military's success is taking credit for the accomplishments of subordinates. The military, long intensely competitive, has become more so as it downsizes and has fewer accolades like promotions to award. So if Eagle Squadron produces the airman of the quarter, everyone above him in the chain of command can claim leadership points on his own evaluation. When a unit produces no standouts, soldiers conclude there is a lack of leadership in the squadron. The hunt for talent in that kind of environment can't afford to get sidetracked. While talent can't be manufactured, it can be molded. No one can be wasted if an organization is to be all that it can. 🐢

Minors (under age 21) and Alcoholic Beverages

Violations:	.02/Zero Tolerance MCL 257.625(6)	Transport/Possess in a Motor Vehicle MCL 257.624b	Minor in Possession MCL 436.33b
Applies to:	> Drivers	> Drivers/Passengers	> Purchase or attempt > Possess or attempt > Consume or attempt
Requirements:	> .02 - .07 > Any presence of alcohol due to consumption, except for church.	> If less than 18 years old, notify parents within 48 hours.	> If less than 18 years old, notify parents within 48 hours. > PBT if reasonable cause; refusal is a civil infraction.
Penalties:	> Fine/Community Svc. > Driver's License Sanctions	> Fine/Community Svc. > Substance Abuse Classes > 2 points > Driver's License Sanctions > Vehicle can be impounded after conviction, upon a court hearing.	> Fine/Community Svc. > Substance Abuse Classes > Driver's License Sanctions



"One of the toughest personal decisions I had to make was whether to discuss my mother's drinking... Her alcoholism has as much to do with shaping me as did the fact that my father was a general. During my boyhood her illness was our family's unspoken secret, and I carried it with me for twenty-five years before I felt I could mention it even to friends. Today there are many organizations and agencies to help alcoholics and their families; I hope that children of alcoholics reading this will realize they are not alone."

General H. Norman Schwarzkopf
(Ret.)

The Michigan State Police Behavioral Science Section will soon be offering a one-day seminar on "Alcohol Abuse in Law Enforcement." Watch for future announcements regarding time and location, or contact Tpr. Jeff Atkins, Employee Assistance Counselor, at (517) 334-7748.

If there is a training issue that you would like addressed, or if you would like to submit an article — please forward to the Training Division.

The Eight Second-Rule For Public Speaking



Public-speaking experts agree that most people decide in the first eight seconds whether a particular speaker is worth listening to. So a strong beginning is crucial. One way to make sure you start strong is to practice the following drill:

- > **First, pick a timely topic** that you could easily talk about for three minutes. Don't just read a script. Have an opinion, and then try to convince the audience that you are right. Pick a very specific topic.
- > **Second, present your case.** Organize your thoughts, set up an outline to follow, and write your ideas down in a row. Then, set your notes aside, stand in front of a mirror, and start talking. Present your case in three minutes — don't go even one minute over.

- > **Lastly, start shaving time off your presentation.** First, take off one full minute. Present the same information in two minutes. Then, go to one minute; then, down to 30 seconds; then down to 20, then 10, until you are finally getting your point across in eight seconds.

You'll find the hardest part is going from 30 seconds down to eight; but once you do, you have captured the essence of your presentation in eight seconds. This is your theme, your message. Never lose sight of it. ■

—Adapted from "The Articulate Executive: Learn to Look, Act, and Sound Like a Leader," by Granville N. Toogood.

LERC Update Book Review



POLICE USE OF FORCE: Official Reports, Citizen Complaints, and Legal Consequences

The Police Foundation, under a grant from the U.S. Department of Justice, has recently published a research report on the excessive use of force by police officers. A great deal of statistical information is presented and the results provide useful information that can be readily quoted for a variety of purposes. Some of the highlights from this report are presented below:

Law enforcement agencies were analyzed to determine if there was a correlation between education and

citizen complaints. When state law enforcement agencies were examined separately, they found that while 31.5% of the sworn officers had Bachelor Degrees, they only accounted for 22.7% of the sustained citizen complaints. 17.6% of the officers had two-year degrees and 13.6% of the sustained citizen complaints. 40.7% of the officers had less than two years of college and 27.3% of the sustained citizen complaints. Only 10.2% of state police officers had only a high school degree but they had 36.4% of the sustained citizen complaints. ■

This and many other government publications on crime are available through the Law Enforcement Resource Center, located at the Michigan State Police Training Academy. Mary LePiors is the librarian. You may request materials by calling 517/322-1976, faxing 517/322-1130, or E-Mail: lepiorsm@mlc.lib.mi.us.

Number of Copies Printed: 3,400
Total Cost: \$300.00 Cost Per Copy: \$0.088